



DOORSTEP WALKS

Walks from Cwm Bedw

Three routes from Cwm Bedw, with shared woodland paths and valley viewpoints. Compare the short walk, woodland loop and longer viewpoint walk below.



- **Short walk** 2 km | 30 mins*
- **Woodland loop** 4.2 km | 1 hr 5 mins*
- **Valley viewpoint walk** 6 km | 1 hr 30 mins*

*Map estimates at 4 km/h. Allow extra for hills and stops. Full distances from Cwm Bedw are still to be confirmed. Illustrated routes are approximate.

Illustrative map - routes and distances are approximate. The coloured doorstep walks are separate from the Heritage Trust village walks of the same colours.

WALKING FROM YOUR MID WALES BASE

Other walks around Abbeycwmhir

Six village and nearby walks to choose from. The Cwm Bedw doorstep walks are on page 1.

CHOOSE YOUR WALK

● Village Heritage Gentle heritage stroll - distance not published	At your own pace Page 4
● Sugar Loaf Blue route - easy - 2.2 miles / 3.6 km	About 1 hour Page 5
● Llywy Hill Red route - moderate - 2.8 miles / 4.5 km	About 1.5 hours Page 6
● Grand Heritage Pink route - moderate - 3.5 miles / 5.6 km	About 2 hours Page 7
● Great Park Yellow route - moderate - 4.3 miles / 6.9 km	About 2 hours Page 8
● Cwmhir Orange route - strenuous - 7.2 miles / 11.5 km	About 4.5 hours Page 9

Green route closure The Trust says the Green Abbeycwmhir walk is closed from around September 2026 for several months during tree felling. It is not included here.

[Check the live Green route notice](#)

Village route distances start at the official route start, not at Wales in the Woods. Times are the publisher's estimates; allow extra for stops and conditions. This booklet is a planning companion, not standalone navigation.

BEFORE YOU SET OFF

A little preparation

Take the route with you

- Save or print the official map and full directions before you leave. Check notices, forecast and daylight; phone signal can be unreliable.
- Choose a walk everyone can manage. Take suitable footwear, waterproofs, water, food and a charged phone. Tell someone your route and return time.

Village routes start in Abbeycwmhir; check parking locally. A short or easy route is not necessarily step-free or suitable for pushchairs.

Share the countryside

- **Gates:** close any you opened. Leave open gates open, unless signs say otherwise.
- **Dogs:** keep dogs on leads and follow local restrictions. If livestock or horses threaten you, let your dog off the lead.
- **Paths:** follow marked paths, local signs and closures.
- **Respect:** give animals space and look after homes, farms and historic places.
- **Litter:** take it home. Bag and bin dog waste, or take it home too.
- **Parking:** keep gateways and driveways clear.

At Cwm Bedw

Take care on uneven or slippery ground and use a torch after dark. Supervise children and dogs. Close site gates after use, respect the private lodge and ask Alex and Katie about current routes and conditions.



The Countryside Code

Natural Resources Wales
Scan or tap for the full guidance.

VILLAGE AND NEARBY WALKS

Village Heritage

Village Community Heritage Walk

PACE

Gentle

DISTANCE

Not stated

TIME

Allow time to explore

A gentle way to explore Abbeycwmhir's heritage, with time to pause at the village's historic places. This is an out-and-back stroll rather than a circular countryside walk.

Start and finish. The noticeboard beside Abbeycwmhir village green. Arrange travel from Wales in the Woods and check parking locally.

What to expect. Road sections, a farm courtyard and gated access to the abbey ruins. The guide includes a blind corner and road crossing near the Hall. No step-free access assessment is provided.

Before you go. Use the leaflet for the heritage stops and access instructions. Take care on village roads and around farm access. The publisher gives no distance or walking time, so leave room for exploring.



Official route and updates

Open the English map and directions

Scan the code for the Trust's current route page. The page also links to Welsh directions.

Use the official map for navigation. This planning companion summarises the Abbey Cwmhir Heritage Trust's route page and guide, checked 18 October 2026. Allow extra time for stops. Check current signs and conditions.

VILLAGE AND NEARBY WALKS

Sugar Loaf

Sugar Loaf Community Heritage Walk - Blue route

DISTANCE

2.2 mi / 3.6 km

GRADE

Easy

WALKING TIME

About 1 hour

A shorter circular walk through woods, farmland and country lanes. The current guide includes an off-road return option that avoids most of the road walking.

Start and finish. The noticeboard beside Abbeycwmhir village green. Arrange travel from Wales in the Woods and check parking locally.

What to expect. Climbs and descents, two horse stiles, a wooden bridge and some road walking. The off-road return includes a short steep path; the alternative road return avoids that section.

Before you go. Read the revised 2024 guide and choose the return option that suits your group. Easy does not mean flat or step-free. Follow current signs and keep dogs under control around livestock.



Official route and updates

[Open the English map and directions](#)

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VILLAGE AND NEARBY WALKS

Llywy Hill

Llywy Hill Community Heritage Walk - Red route

DISTANCE

2.8 mi / 4.5 km

GRADE

Moderate

WALKING TIME

About 1.5 hours

A circular walk through farmland and woodland, with views back towards Abbeycwmhir. Choose it for a shorter outing with a proper climb.

Start and finish. The noticeboard beside Abbeycwmhir village green. Arrange travel from Wales in the Woods and check parking locally.

What to expect. Field paths, forestry tracks, a steep climb and a grassy descent. There are road sections, including a blind corner near the Hall, and at least two stiles.

Before you go. The first stile is specifically described as having no dog stile. Check that everyone, including any dog, can manage the barriers. Use the full route directions for road crossings and turns.



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VILLAGE AND NEARBY WALKS

Grand Heritage

Grand Heritage Community Walk - Pink route

DISTANCE

3.5 mi / 5.6 km

GRADE

Moderate

WALKING TIME

About 2 hours

A circular route combining village history with the surrounding countryside. Leave extra time if you would like to linger at the heritage stops.

Start and finish. The noticeboard beside Abbeycwmhir village green. Arrange travel from Wales in the Woods and check parking locally.

What to expect. Village roads, fields and green lanes, with a boardwalk, wooden bridge, two stiles and low branches. Expect road sections and a blind corner. Part of the route follows a permissive path.

Before you go. Follow the current guide and local signs around Cefn Pawl farmhouse. Keep to the described path. Check the route's barriers and terrain before choosing it for dogs or younger walkers.



Official route and updates

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VILLAGE AND NEARBY WALKS

Great Park

Great Park Community Heritage Walk - Yellow route

DISTANCE

4.3 mi / 6.9 km

GRADE

Moderate

WALKING TIME

About 2 hours

A longer circular outing through farmland and forestry, with open views along the way. Allow time beyond the publisher's estimate for pauses and muddy conditions.

Start and finish. The noticeboard beside Abbeycwmhir village green. Arrange travel from Wales in the Woods and check parking locally.

What to expect. An uphill tarmac lane through a working farmyard, followed by shale and field paths, gates and woodland tracks. The guide warns that the wooded descent can be wet and slippery.

Before you go. Read the detailed directions for the farmyard and the uphill section near the quarry, where the way can be unclear. Follow signs and the described route; do not assume it is stile-free.



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VILLAGE AND NEARBY WALKS

Cwmhir

Cwmhir Community Heritage Walk - Orange route

DISTANCE

7.2 mi / 11.5 km

GRADE

Strenuous

WALKING TIME

About 4.5 hours

A longer circular hill walk for a day with good weather, enough daylight and a group comfortable with sustained walking. Keep a generous part of the day free.

Start and finish. The noticeboard beside Abbeycwmhir village green. Arrange travel from Wales in the Woods and check parking locally.

What to expect. Repeated climbs and descents on farm fields, tracks, wooded paths, gravel forestry roads and public-road sections. Barriers include field and kissing gates, a stile, a horse stile and a bridge.

Before you go. Read the complete route before choosing it. Take enough food, water and clothing for a longer day. Allow more time for rests and wet ground, and choose a shorter walk if conditions do not suit.



[Official route and updates](#)

[Open the English map and directions](#)

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